

Yoga for Periods, Body and Soul

Do you remember that time at school when your physical education teacher would announce that you would have yoga classes instead of track? To many the news had come as a welcome relief, because as kids yoga was considered a fun physical activity in a relaxed environment. It in fact dates back to nearly five thousand years and has been long practised as a self maintaining discipline.

Yoga is an ancient practice which focuses on breathing exercises, body movement, flexibility and strength to boost physical stamina and mental power. Its origin dates back to nearly five thousand years and is mentioned in the Rig Veda. The yoga asanas that we know today, as described by the *Yoga Sutras* of Maharishi Patanjali, are a part of the eight-fold path called *Ashtanga Yoga*.



Here are certain statistics to make you understand the percentage of the women population facing menstrual problems. If you are someone facing any of these conditions, you are certainly not alone

- According to one of the findings shared in the National Institutes of Health, nearly 14% to 25% of American women have irregular menstrual cycles.
- According to the 6th annual Menstrual Hygiene Survey by Everteen, more than 41 per cent of Indian women experienced an unusually irregular gap in their periods.
- Statistics show that 1 in 10 women of childbearing age are affected by PCOS; many of whom show signs of hormonal imbalance and metabolism problems.
- A number of other women face conditions such as light or excessive bleeding, infrequent periods, unbearable cramps or pain, etc.

Yoga Benefits

However, you need not worry as increasing stress levels or hormonal imbalances in women can be brought down to a manageable level through yoga.

Practicing yoga can have many benefits:

- Habitually doing yoga has proven to reduce menstrual imbalances.

- For those affected by serious mood swings, regular yoga can minimize the effect of hormones on your mood.
- Strengthen and relax the muscles of your lower abdomen and back.
- It can help relieve fatigue and depression.
- It helps with bettering the sleep cycle that can help maintain a good hormonal balance.

Thus, the yoga asanas that seemed like child's play when you were younger, could be the solution, as well as an excellent start to your journey to reduce the symptoms of irregular periods, cramps or abnormalities.

Yoga asanas for the rescue

Some of the yoga asanas that are tried, tested, and recommended are:

- Makarasana (Downward Dog)
- Balasana (Child's Pose)
- Setu Bandhasana (Bridge Pose)
- Malasana (Garland Pose)
- Ustrasana (Camel Pose)

To know more about them check out our blogs on [yoga for your period days](#) and [yoga to relieve cramps](#).

To continue reading this blog: <https://saathipads.com/blogs/menstrual-musings/yoga-asanas-for-periods-body-soul-menstrual-health>

Conclusion

In a collaboration with Mindhouse yoga, we were able to present a demonstration of the yoga asanas and breathing exercises for women with the symptoms of PCOS. The asanas are very simple and imitable, yet effective.

We encourage you to take up Yoga as a fun hobby that will take care of you mentally and physically and make you feel light and happy!

Yoga not only has many benefits but also adds to our themes of body, community and environment. It not only benefits menstruating women and health-conscious individuals but is also a sustainable and effective solution to health and wellness.